

Capricorn FULL MOON

My grandmother used to say 'I can feel it in my bones'. She would laugh when she said it, as if to dismiss her intuition, but she was spot on. Inadvertently she was teaching me about intuition.

The phrase 'feel it in your bones' has roots in folklore where bones were seen as containers of power, intuition, and ancestral memory. In many cultures, bones were used in rituals or divination (like bone throwing) to predict the future or sense hidden truths.

As a child, growing up in Australia, I also heard about the aboriginal custom of pointing the bone. 'Pointing the bone' was, and still may be in some communities, a powerful ritual practice in some Aboriginal Australian cultures that involves a form of spiritual punishment. Rituals involving bones were part of a whole worldview where actions, consequences, and spiritual law are inseparable. In many cultures, belief shapes reality.

The oncoming Full Moon in Capricorn on July 10 is a powerful reminder of rituals that put us in touch with our intuition. Capricorn, ruled by Saturn, governs the bones and joints, especially the knees, which bear the weight of the body, just as Capricorn energy is associated with carrying responsibility, structure, and endurance. Capricorn's ruling planet, Saturn, is often associated with structure, boundaries, and time, just like bones form the framework of the body. Saturn rules things that are rigid or long-lasting, which includes not just bones, but also teeth, cartilage, and skin.

So when you say you 'feel it in your bones' around a Capricorn full moon, you are actually speaking the language of the sign, a kind of deep knowing rooted in structure, history, and embodied wisdom.

And if you are feeling physically feeling something in your bones, or your skin is breaking out in some way, or your tooth is aching then it is time to listen to your body, and to your intuition.



The Moon in Capricorn shines a light on structure, responsibility, and long-term goals, while the Sun opposite in Cancer reminds you to stay connected to your emotional roots and personal needs. So listen to your body, let go of what you can and nurture your aches and pains, physical and emotional.

This is a moment of clarity. Do the structures in your life, including your body, continue to support you? What needs to change? Something may come to a head, especially around work-life balance, boundaries, or emotional security. You are being asked to release control where it is no longer serving you and to honor the discipline it takes to grow without hardening your heart.

Let yourself feel, but do not lose sight of your purpose. This Moon says you can be soft and strong at the same time.



ARIES

You are called to balance ambition with emotional responsibility. Professional shifts may spotlight your deeper purpose.



TAURUS

A truth may arrive that shifts your perspective. Travel, study, or spiritual insight brings clarity.



GEMINI

Shared resources or emotional entanglements reach a turning point. Let go of what no longer supports your growth.



CANCER

Relationship dynamics come into focus. Honour your needs while respecting others' boundaries.



LEO

Your daily routine or work life asks for restructuring. Refine your habits to support long-term goals.



VIRGO

Creative expression or romance reaches a peak. What do you truly want to give your heart to?



LIBRA

Home and family matters need grounding. Release emotional weight tied to the past.



SCORPIO

A revealing conversation changes your view. Your words and thoughts carry more power now.



SAGITTARIUS

A financial or self-worth issue comes to a head. Redefine what truly sustains you.



CAPRICORN

This is your full moon. Step into your authority and release outdated versions of yourself.



AQUARIUS

Hidden emotions rise. Quiet time helps you release what is weighing on your spirit.



PISCES

A friendship or community goal reaches fruition. Align your social life with your evolving values.